



Make your own fitness dice!

1. Write 5 of your favorite exercises (or use our suggestions) on the blank dice - a different one for each square.
2. Cut out dice shape, fold on the green dotted lines, and tape together.



3. Roll dice to find out what activity you'll be doing, and how many times you will do it.
4. If you land on fitUnited, make up your own number and activity!

CUT ---
FOLD



Suggested Exercises for Dice:

- Toe Touch
- Sit-Ups
- Jumping Jacks
- Arm Circles
- Kick
- Arm Curls
- Push-Ups
- Marching
- Toe-Heel Walk
- Boxing Jab

Brought to you by United Way's fitUnited.

fitUnited mobilizes and motivates the community to increase physical activity and nutrition for youth in Allegheny County by working with adults and youth-serving organizations to provide the tools and resources they need to promote healthy living among youth in their care.

